

# THE EMPLOYEE ASSISTANCE PROGRAM SERVICES YOU NEED.

Where and when you need them.



## Personal and confidential video-based mental health and/or substance use care through your Employee Assistance Program (EAP).

Dealing with mental health or substance use issues can be a challenge. But with Cigna, you don't have to go it alone. And you don't have to go far for the care you need.

Now you may access Employee Assistance Program services with a Cigna Behavioral Health network provider\* – when, where and how it works best for you. Whether you're home or away, video-based behavioral services (telehealth) offers quality care in a way that's more convenient than visiting an office.\*\*

- Online video conferencing using your smartphone, tablet or computer
- Scheduled appointments based on provider's availability
- Telehealth covers the same number of EAP sessions available for face-to-face counseling, per issue per year

## Cigna makes finding a Behavioral Telehealth provider easy

With Cigna's network of behavioral health care providers, we make it easy to find a telehealth provider that's right for you. You may even find that your current provider is in our network.



Go to **CignaBehavioral.com** to search for a video telehealth provider by specialty. To search for EAP providers, make sure the EAP box is checked in the search tool.



Call to make an appointment with your selected provider, just like you would for a face-to-face visit.



The provider will give you information on how to set up the video-based session according to the technology they are using.



Call \_\_\_\_\_ or  
log in to **CignaBehavioral.com**  
and enter your employer ID:

**Together, all the way.®**



When you require the kind of care only a licensed behavioral health practitioner can provide, use your Employee Assistance Program. Behavioral Telehealth is available face to face, from home, at work or on the go and you'll get the personal attention and assistance you need to stay happier and healthier.



The benefits of receiving care through video-based services are:

- › Convenience
- › Choice
- › Privacy
- › Helps you save money on travel, childcare and other related expenses

**For more information, call your EAP access number or visit [CignaBehavioral.com](https://www.CignaBehavioral.com).**



\* Programs may vary, so review your program materials for details on the number of visits allowed under your employer's specific Employee Assistance Program. Mental health and/or substance use disorder services covered under your health plan may be subject to your plan's deductible, coinsurance and/or copay requirements. Review your plan documents for costs and complete details of coverage.

\*\* Telehealth services may not be available in all areas or with all plan types. Not all providers have video chat capabilities. Video chat is not available in all areas. See your plan materials for costs and complete details of coverage including other telehealth benefits that may be available to you.

The providers that participate in Cigna Behavioral Health's provider network are independent contractors solely responsible for the treatment provided to their patients. They are not agents of Cigna.

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